

**Victoria Fellowship Church**  
**International & Interdenominational**  
**Bible Study Worksheet – May 26, 2024**

**Theme:** Strengthening our Faith

**Topic:** Strength through Gratitude

**Main Text:** 1 Thessalonians 5:16-18

**Key verse:** 1 Thessalonians 5:16-18 *“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.” (NKJV)*

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**INTRODUCTION:** Scripture directs us, as believers, to have a prayerful, heaven-focused, God-honoring, Christlike, joyous attitude of gratitude. Gratitude is a powerful discipline in the life of a mature Christian. The Father wants us to cultivate contentment based on the knowledge of God and trust in His goodness and loving-kindness i.e. to be like Christ (Jn 4: 34; 5:30; 6: 38-40). A life that emulates Christ is reliant on grace, informed by the Word and empowered by the Holy Spirit. Such a life hinges on constancy in prayer borne of a consciousness of God’s omnipresence. Unceasing communion with God leads to uncommon joy and deep peace, regardless of circumstances. From this wellspring of gratitude flows Christlike strength (Rom 8: 28, Phil 4: 13).

1. **Read Philippians 4:5-7 and 1 Thessalonians 5:16-18. (a) What is gratitude? Is it humanly possible to rejoice always? (b) What does it mean to pray without ceasing? (c) How does the peace of God "surpass(ing) all understanding"? (Phil 4:5- 7)**

In Christ Jesus, God’s will for us unfolds—a life steeped in prayer, hearts brimming with thanksgiving. His sovereignty remains unshaken, and His settled Word guides us. We evolve to embrace a legitimate “God’s way”— a divine design – revealed in Scripture (Colossians 3:1-17; 2:6-7). We rejoice not *for* all situations, but *in* all situations. People of faith overflow with gratitude relying on God in all situations (Psalm 52:8-9). God’s ways are past finding (Isaiah 55: 8-9; Romans 11: 33-36). Some dimensions of His will remain hidden, requiring unwavering trust. As we grow in faith and holiness, we learn to lean on His word and wisdom (1 Corinthians 2: 9-12). Our Father knows the end from the beginning. He charts paths for each believer and for humanity at large (Proverbs 19: 21). We have the blessed assurance that God is in control. We can thus live our lives grateful for God’s promises and faithfulness (2 Corinthians 12:9; Philippians 4:6-7)

2. **Read 1 Thessalonians 5:18. (a) What does “This is the will of God in Christ Jesus for you” mean? (b) What is the difference between giving thanks for all situations and in all situations? (c) Why does God command us to be grateful and always give thanks?**

Christian gratitude is not a casual nod to life’s blessings; it’s a sacred discipline—a wellspring of holy resolve and strength. There are intentional ways to develop a divine attitude of gratitude. Gratitude thrives when we *prayerfully trust* God in every situation. The Psalms offer endless opportunities to express gratitude and can help us *rejoice daily*. Keeping a prayer journal and listing God’s blessings (“*count your blessings*”) will uplift us, even in times of trial (Psalm 103:1-5). Nothing can separate us from the love of God and for this we are grateful. Herein lies our strength. When we rest in this truth our heaven-focused hearts find peace and confidence (Ps 106:1; Rom 8:38-39). Yet, most of the world is in rebellion to God and refuses to acknowledge Him and give Him the honour due His name. May we, His people, offer gratitude that will be a melody that echoes eternity—a gladsome song of faith, hope, and love.

3. **a) What are the benefits of an attitude of gratitude to God? (b) What characterizes a believer who has a heart of thanksgiving? (Ps 28:6-7; 95: 1-3); (c) Let participants share one thing they learned from this study about gaining strength through gratitude, and how they will apply it in their lives.**

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**Prayer:** *Thou hast giv’n so much to me, Give one thing more, A grateful heart... Not thankful, when it pleases me; As if thy blessings had spare days: But such a heart, whose pulse may be Thy Praise. Amen. (from the poem ‘Gratefulness’, by George Herbert, 1633)*